

Hello
FRESH

WIJNBOX

Lavila blanc

This fresh white wine from the aromatic grape Colombar fits in perfectly with the fresh, spicy lemon thyme.



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WEEK 03
2017



A culinary question while cooking?

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Take a picture of your dish and share it via social media. The best photo will win a surprise!

Caserecce integrale with smoked salmon and lemon thyme

With a unique type of zucchini

A quick and healthy pasta dish with tasty hot smoked salmon and lemon thyme with spicy arugula. Don't like this spicy taste? Then add all of the arugula to the stir-fry or sauté pan. By heating it briefly, the flavor becomes much milder.

store in refrigerator



25-30 min



super easy



eat within
3 days



kid
friendly



lactose free



Fresh lemon thyme



Arugula



Hot smoked
salmon pieces



Red onion



Caserecce integrale



White zucchini

Ingredients	1P	2P	3P	4P	5P	6P
Casserecce integrale (g) 1)	90	180	270	360	450	540
Red onion (pc)	½	1	1½	2	2½	3
White zucchini (pc)	½	1	1½	2	2½	3
Fresh lemon thyme (stems) 23)	3	6	9	12	15	18
Arugula (g) 23)	40	60	80	120	140	160
Hot smoked salmon pieces (g) 4)	80	160	240	320	400	480
Olive oil (tbsp.)*	1	1	1½	1½	2	2
Extra virgin olive oil*	To Taste					
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **4)** Vis
May contain traces of **23)** celery.

Utensils

Pot with lid, frying pan

Nutrition Facts

	Energy kcal / kJ	Fats (g)	Of which saturated (g)	Carbs (g)	Of which sugars (g)	Fibres (g)	Protein (g)	Salt (g)
Portion *	2653 / 622	18	18,5	72	13	10	36	2,3
100 g **	429 / 100	3	2,99	12	2,1	2	6	0,4

* Per person per portion | ** Per 100 grams



1 Bring 500 ml of water to a boil in a pot with lid for the caserecce and cook, covered, for 10 minutes. Then drain and leave without a lid to steam.



2 Meanwhile, finely chop the red onion and cut the white zucchini in half slices. Remove the lemon thyme leaves from the stems and tear the arugula small.



3 Meanwhile, heat the olive oil in a frying pan and fry the red onion for 2 minutes on low heat. Add the zucchini and lemon thyme, turn the heat to medium-low and cook for 5 minutes. Season with salt and pepper.

4 Add the caserecce and the majority of the hot smoked salmon pieces to the zucchini and heat for 1 minute. Then stir in the majority of the arugula and season with salt and pepper.



5 Divide the meal onto the plates. Garnish with the remaining hot smoked salmon pieces and the remaining arugula. Sprinkle to taste with the extra virgin olive oil.



WIJNBOX

Masan rouge
With red meat you drink red wine of course. This southern French blend is nice and full and smooth and goes well with the caramelized chicory.



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Beef tartare with caramelised chicory and potatoes

With yellow and red semi-dried tomatoes

This dish is made with a sweet twist! You caramelize the chicory, which makes it sweet. This semi-dried red and yellow tomatoes are marinated in a garlic oil and Mediterranean herbs.



35-40 min



easy



eat within
3 days



kid
friendly



gluten free

store in refrigerator



Chicory



Semi-dried red and yellow tomatoes



Mesclun



Beef tartare



Nicola potatoes

Ingredients

	1P	2P	3P	4P	5P	6P
Nicola potatoes (g)	250	500	750	1000	1250	1500
Chicory (pc)	2	3	4	5	6	7
Semi-dried red and yellow tomatoes (g)	35	60	90	120	150	180
Mesclun (g) 23)	40	60	80	110	140	160
Beef tartare (120 g)	1	2	3	4	5	6
Olive oil (tbsp.)*	1	2	3	4	5	6
Real butter (tbsp.)*	1	1	1	2	2	2
Black balsamic vinegar (tsp.)*	1	2	3	4	5	6
Honey (tbsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

May contain traces of 23) celery.

Utensils

Pot with lid, baking sheet with baking paper, sauté pan or large frying pan with lid, salad bowl, frying pan

Nutrition Facts

	Energy kcal / kJ	Fats (g)	Of which saturated (g)	Carbs (g)	Of which sugars (g)	Fibres (g)	Protein (g)	Salt (g)
Portion *	2512 / 601	24	6.1	58	12.5	7	34	0.4
100 g **	430 / 103	4	1	10	2.1	1	6	0.1

* Per person per portion | ** Per 100 grams



1 Boil 300 ml of water per person in a pot with a lid for the potatoes and preheat the oven to 220 degrees.



2 Wash the potatoes (nicola) thoroughly, cut into slices of 1/2 cm and boil 5 minutes in the pot with a lid. Then drain, pat dry (with a clean tea towel) and spread on a baking sheet with baking paper. Sprinkle the potatoes with the olive oil and season with salt and pepper. Bake the potatoes for 20 minutes in the oven.



3 Meanwhile, cut the chicory lengthwise into quarters. Leave the hard core so that the leaves do not fall apart. Heat half the butter in a frying pan or large skillet with lid and cook the chicory for 1 minute on high heat. Lower the heat, sprinkle the chicory with salt and pepper and cook, covered, for 10 - 15 minutes.

4 Meanwhile, cut the half-dried red and yellow tomatoes small and mix with the mesclun in a salad bowl. Season with black balsamic vinegar.



5 When the potatoes and chicory are almost done, heat the remaining butter in a frying pan and fry the beef tartare for 2 minutes on each side. Bring to taste with salt and pepper and then let rest for 1 minute.

6 Turn the heat of the chicory high, add the honey and caramelize the chicory for 2 minutes. Stir carefully.

7 Divide the chicory, potatoes and beef tartar on the plates and Serve with the salad.

Tip! Don't fry the tartare for too long, they should still be red on the inside.

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Cabriz branco

An exciting dish with both fresh, earthy and nutty flavors. A versatile white wine that tastes best with this.



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Quinoa with beetroot, cucumber and pecans

With spicy cress

Nice to meet you Spanish cucumber! The brother of the "pepino inglés" - Dutch cucumber. Processed in a sweet, fresh meal with soft beetroot and crunchy quinoa. By frying the balsamic vinegar, it evaporates the acidic vinegar flavor and becomes sweet. Serve with spicy cress!

store in refrigerator



30-35 min



a lot of steps



eat within 5 days



vegetarian



gluten free



lactose free



Mushrooms



Beetroot



Spanish cucumber



Cress



Quinoa



Onion



Pecans

Ingredients

	1P	2P	3P	4P	5P	6P
Quinoa (g)	50	100	150	200	250	300
Onion (pc)	1/2	1	11/2	2	21/2	3
Mushrooms (g)	100	200	300	400	500	600
Beetroot (g)	125	250	375	500	625	750
Spanish cucumber (pc)	1/2	1	11/2	2	21/2	3
Pecans (g) 8) 19) 22)	20	40	60	80	100	120
Cress (tbsp.)	1	2	3	4	5	6
Vegetable bouillon (ml)*	100	200	300	400	500	600
Mustard (tsp.)*	1	2	3	4	5	6
Olijfolie (tbsp.)*	1	1	2	2	3	3
Black balsamic vinegar (tbsp.)*	1/2	1	11/2	2	21/2	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

8) Nuts
May contain traces of **19) peanuts** and **22) other nuts.**

Utensils

Pot with lid, salad bowl, stir-fry or sauté pan

Nutrition Facts

	Energy kj / kcal	Fats (g)	Of which saturated (g)	Carbs (g)	Of which sugars (g)	Fibres (g)	Protein (g)	Salt (g)
Portion *	2091 / 503	27	3.3	45	11.8	11	15	1.5
100 g **	379 / 91	5	0.6	8	2.1	2	3	0.3

* Per person per portion | ** Per 100 grams



1 Prepare the bouillon in a pot with a lid. Add the quinoa and cook, covered, for 12 - 15 minute until dry. Then drain and let stand with the lid on.



2 Meanwhile, finely chop the onion. Cut the mushrooms into quarters. Drain the beetroot and store the beet juice separately. Cut the beetroot into thin half slices and cut the cucumber into thin slices. Crumble the pecans.



3 Make a dressing of mustard and 1 tbsp. beetroot juice per person in a salad bowl. Season with salt and pepper.



4 Heat a stir-fry or sauté pan over high heat and fry the pecans, without oil, for 2 minutes. Remove from the pan and set aside.

5 Heat olive oil in the same stir-fry or sauté pan and fry the onion for 2 minutes on low heat. Add the mushrooms and cook for 4 - 5 minutes on high heat. In the last minute add the beetroot, sprinkle with the black balsamic vinegar. Season with salt and pepper.

6 Add the quinoa, mushrooms and beetroot to the salad bowl and cut the cress.

7 Divide the dish on the plates and garnish with the cress and pecans.

Tip! Want to be done faster? Then make a dressing of mustard, olive oil, pepper and salt. Cut the beets but don't heat them anymore. They are also delicious cold.

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Synera blanco

This seasoned and slightly spicy dish requires a fragrant white wine. This Hispanic white has a small percentage of muscatel and therefore combines perfectly.



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Spicy harissa-bulgur with pumpkin cubes and sea bass fillet

With tomato

You can make this meal as spicy as you like with the harissa. This is a spicy seasoning paste from Tunisia which makes an extra spicy dish. You serve this with a delicious sea bass fillet which you cook on the skin. Bon appetit!

store in refrigerator



30-35 min



easy



eat within
3 days



kid
friendly



spicy



lactose free



Harissa



Diced pumpkin



Zeebaarsfilet



Onion



Tomato



Whole-wheat
bulgur

Ingredients

	1P	2P	3P	4P	5P	6P
Onion (pc)	½	1	1½	2	2½	3
Tomato (pc)	2	4	6	8	10	12
Whole-wheat bulgur (g) 1)	50	100	150	200	250	300
Harissa (tsp.)	½	1	1½	2	2½	3
Diced pumpkin (g) 23)	100	200	300	400	500	600
Sea bass fillet with skin (100 g) 4)	1	2	3	4	5	6
Olive oil (tbsp.)*	1	1	2	2	3	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **4)** Fish
May contain traces of **23)** celery.

Utensils

Pot with lid, stir-fry or sauté pan with lid, frying pan

Nutrition Facts

	Energy kj / kcal	Fats (g)	Of which saturated (g)	Carbs (g)	Of which sugars (g)	Fibres (g)	Protein (g)	Salt (g)
Portion *	1306 / 431	12	2.5	43	11.8	10	32	0.6
100 g **	214 / 71	2	0.4	7	1.9	2	5	0.1

* Per person per portion | ** Per 100 grams



1 Bring 175 ml of water per person to a boil in a pot with a lid for the bulgur. Meanwhile, cut the onion into thin half-rings and the dice the tomato.

2 Then add the tomato and bulgur to the pot with a lid and cook, covered, for 10 - 12 minutes on low heat. Stir regularly and leave without a lid to steam. Then season with the required harissa, salt and pepper.



3 Meanwhile, heat half the olive oil in a stir-fry or sauté pan with a lid and fry the onion with the pumpkin cubes for 2 minutes over medium heat. Add 2 tbsp. of water per person to the stir-fry or sauté pan with a lid and cook the vegetables, covered, for 6 - 8 minutes on medium low heat. Season with salt and pepper.

4 Meanwhile, heat the remaining olive oil in a frying pan over medium-low heat and cook the sea bass fillet for 2 - 3 minutes on the side of the skin. Turn and cook for 1 - 2 minutes and season with salt and pepper.

5 Divide the bulgur on plates and serve with pumpkin cubes and the sea bass fillet.



Tip! Beware, you use less bulgur than you get. Big eaters? Then use more. For 85 grams you need 175 ml bouillon.

Kids also eating this? Then use less harissa. Lovers of spicy food can add the it to taste.



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WIJNBOX

Ramón Roqueta blanco

The green spicy Macabeo aligns perfectly with the spinach and broccoli, the creamy Chardonnay fits with the chicken and ricotta.



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Spinach and broccoli soup with chicken and ricotta

With a brown ciabatta

A quick meal with lovely garnishing of fried chicken with thyme and ricotta. You eat the soup with a brown ciabatta that you can dip in the soup.



20-25 min



easy



eat within
3 days



kid
friendly

store in refrigerator



Broccoli



Spinach



Chicken breast pieces



Ricotta



Tijm



Ciabatta brown

Ingredients

	1P	2P	3P	4P	5P	6P
Broccoli (g)	200	400	600	800	1000	1200
Tijm (tsp.)	1	2	3	4	5	6
Spinach (g) 23)	150	300	450	600	750	900
Chicken breast pieces (g)	100	200	300	400	500	600
Ciabatta brown (pc) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Ricotta (g) 7)	40	80	120	160	200	240
Vegetable bouillon (ml)*	300	600	900	1200	1500	1800
Olive oil (tbsp.)*	1/2	1	1	1 1/2	1 1/2	2
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten 6) Soy
7) Milk/lactose
May contain traces of
17) eggs, 22) nuts, 23)
celery, 25) sesame and
27) lupine.

Utensils

Stockpot with lid, frying
pan, stick blender

Nutrition Facts

	Energy kj / kcal	Fats (g)	Of which saturated (g)	Carbs (g)	Of which sugars (g)	Fibres (g)	Protein (g)	Salt (g)
Portion *	2248 / 538	22	6.0	37	4.3	14	37	4.5
100 g **	257 / 62	3	0.7	4	0.5	2	4	0.5

* Per person per portion | ** Per 100 grams



1 Preheat the oven to 210 degrees and prepare the bouillon in a stockpot with a lid.

2 Cut the flower of the broccoli into florets and stalk into cubes. Add the broccoli and half of the thyme to the bouillon in the stockpot with a lid. Bring to the boil covered and simmer for 12 - 15 minutes. Half way through add the spinach, possibly in parts.



3 Heat the olive oil in a frying pan and fry the chicken with the remainder of the thyme for about 6 - 8 minutes over medium heat until tender. Season with salt and pepper.

4 Meanwhile, fry the ciabatta 6 - 8 minutes in the oven.

5 Remove the soup from the heat, puree with a stick blender and add extra water to thin the soup. Then stir half the ricotta cheese into the soup and season with salt and pepper.



6 Divide the soup into soup bowls. Divide the chicken pieces into the bowls and garnish with the remaining ricotta. Serve with the ciabatta.



Tip! Do you have a lot of time? Then cut the ciabatta into slices, spread on a baking sheet with baking paper, then season with a little olive oil, salt and pepper and bake for about 6 - 8 minutes in the oven until crispy. Serve as a toast with the soup.

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WINEBOX

Espiga branco

This dish could use a white wine with some body, but that simultaneously has enough freshness.



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Orzo with zucchini, roma tomatoes and gruyère

With rosemary and pine nuts

A soft and creamy meal with sweet tomatoes, spicy gruyère cheese and crunchy pine nuts. You fry the pine nuts with some rosemary which enhances the flavors.



30-35 min



easy



eat within
3 days



vegetarian



kid
friendly

store in refrigerator



Gruyère



Shallot



Garlic clove



Zucchini



Mini roma tomatoes



Orzo



Pine nuts



Rosemary

Ingredients	1P	2P	3P	4P	5P	6P
Shallot (pc)	1/2	1	11/2	2	21/2	3
Garlic clove (pc)	1	2	3	4	5	6
Zucchini (pc)	1/2	1	11/2	2	21/2	3
Mini roma tomatoes (g)	125	250	375	500	625	700
Orzo (g) 1) 17)	85	170	250	335	420	500
Pine nuts (g) 19) 22)	10	20	30	40	50	60
Rosemary (tsp.)	1	2	3	4	5	6
Gruyère, grated (g) 7)	25	50	75	100	125	150
Vegetable bouillon (ml)*	175	350	525	700	875	1050
Real butter (tbsp.)*	1/2	1	1	11/2	11/2	2
Olive oil (tbsp.)*	1/2	1	1	11/2	11/2	2
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **7)** Milk/lactose
May contain traces of
17) eggs, **19)** peanuts
and **22)** nuts.

Utensils

Pot with lid, frying pan

Nutrition Facts	Energy kj / kcal	Fats (g)	Of which saturated (g)	Carbs (g)	Of which sugars (g)	Fibres (g)	Protein (g)	Salt (g)
Portion *	2728 / 687	27	10.9	81	15.4	8	25	2.2
100 g **	413 / 104	4	1.7	12	2.3	1	4	0.3

* Per person per portion | ** Per 100 grams



- 1** Prepare the bouillon. Chop the shallot and cut or press the garlic. Cut the zucchini into half slices and halve the mini roma tomatoes.
- 2** Heat the butter in a pot with a lid and cook the shallot for 2 minutes on medium low heat. Add the orzo and cook, stirring for 1 minute. Add the bouillon and cook the orzo, covered, for 8 - 10 minutes. Stir the bottom of the pot well on to prevent burning.
- 3** Meanwhile, heat a frying pan over high heat and fry the pine nuts with half of the rosemary, without oil, until golden brown. Remove from the pan and keep aside.
- 4** Heat the olive oil in the same frying pan and fry the zucchini, garlic and remaining rosemary for 6 - 8 minutes over medium heat. Add half the mini roma tomatoes.
- 5** Add half the gruyère and vegetables to the orzo. Season to taste with salt and pepper.
- 6** Divide the orzo on the plates. Garnish with the rosemary, pine nuts, and remaining gruyère.

Tip!

Got extra time? Roast the mini roma tomatoes on the vine with a bit of oil, salt and pepper for 15 minutes at 200 degrees in the oven. Add all the zucchini to the orzo and divide the mini roma tomatoes after serving on top of the orzo.



WIJNBOX

Cabriz tinto

This full red wine from the Portuguese Dão can cope with the pronounced Asian flavors, but they do not dominate.



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Asian vegetable mix, noodles, egg and cashew nuts

With spring onions and lime juice

A quick oriental meal. Not with strips of omelette or boiled egg this time, but with scrambled eggs, slightly different also because you add spring onion. Delicious topped with crunchy cashew nuts and drizzled with fresh lime juice.

store in refrigerator



20-25 min



easy



eat within
5 days



vegetarian



kid
friendly



lactose free



Spring onion



Vegetable mix with
string beans



Garlic clove



Lime



Sereh



Soy sauce



Free-range egg



Atoom noodles



Cashews

Ingredients	1P	2P	3P	4P	5P	6P
Garlic clove (pc)	1	2	3	4	5	6
Spring onion (pc)	11/2	3	41/2	6	71/2	9
Lime (pc)	1/2	1	11/2	2	21/2	3
Vegetable mix with string beans (g) 23	200	400	600	800	1000	1200
Sereh (tsp.)	1	2	3	4	5	6
Soy sauce (ml) 1) 6) 19)	10	20	30	40	50	60
Free-range egg (pc) 3)	1	2	3	4	5	6
Noodles, atoom (g) 1)	70	140	200	280	340	400
Cashews (g) 8) 19) 22)	20	40	60	80	100	120
Sunflower oil (tbsp.)*	1	2	2	3	3	4
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **3)** Eggs**6)** Soy **8)** Nuts
May contain traces of **19)** peanuts, **22)** nuts and **23)** celery.

Utensils

Fine grater, pot with lid, stir-fry or sauté pan with lid, frying pan

Nutrition Facts

	Energy kj / kcal	Fats (g)	Of which saturated (g)	Carbs (g)	Of which sugars (g)	Fibres (g)	Protein (g)	Salt (g)
Portion *	2836 / 694	32	5.8	73	8.7	11	23	2.6
100 g **	495 / 121	6	1.0	13	1.5	2	4	0.5

* Per person per portion | ** Per 100 grams



1 Cut or press the garlic. Cut the spring onions into thin rings. Wash the lime thoroughly. Grate the zest with a fine grater and squeeze the juice from the lime. Bring 500 ml of water to a boil in a pot with lid for the noodles.



2 Heat half of the sunflower oil in a stir-fry or sauté pan with a lid and fry the garlic, vegetable mix with beans, sereh and ½ tsp. lime zest per person for 1 minute over medium heat.



3 Add the soy sauce, 1 tbsp. of water per person and half the spring onions to the stir-fry or sauté pan and cook, covered, for 8 minutes on medium low heat.
4 Meanwhile, heat the remaining sunflower oil in a frying pan and scramble the remaining spring onion with the eggs. Season with salt and pepper and keep aside.



5 Meanwhile, cook the noodles, covered, for 3 - 4 minutes in the pot with a lid. Then drain and rinse under cold water. Add the noodles to the stir-fry or sauté pan with a lid and heat for 1 minute on high heat. Season with salt and pepper.
6 Divide the dish on the plates. Serve with scrambled eggs and garnish with cashew nuts. Sprinkle to taste with the grated lime and juice.

Tip! Nice for extra bite, keep some green parts of the spring onions separate and use for garnishing (raw).

Add half a tsp. sambal per person to the scrambled eggs for a bit more spice.



WINEBOX

Espiga tinto

The earthy flavor of the Portobello mushrooms and lentils comes back nicely in this tough Portuguese wine made from local grapes.



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Portobello stuffed with sweet potato lentil salad

With fresh thyme

You fill the portobello mushrooms, a kind of oversized chestnut mushroom, with feta. The portobello mushrooms were grown on Dutch soil and are a perfect meat substitute, especially if you fill them with cheese. The arugula and lettuce salad makes the dish extra fresh and nutritious.

store in refrigerator



30-35 min



easy



eat within
5 days



vegetarian



kid
friendly



gluten free



Fresh thyme



Feta



Portobello



Arugula and lettuce



Sweet potato



Green lentils



Red bell pepper

Ingredients

	1P	2P	3P	4P	5P	6P
Green lentils (g)	20	40	60	80	100	120
Fresh thyme (stems) 23)	2	4	6	8	10	12
Sweet potato (g)	300	600	900	1200	1500	1800
Red bell pepper (pc)	½	1	1½	2	2½	3
Feta (g) 7)	40	75	100	125	150	200
Portobello (pc)	1	2	3	4	5	6
Arugula and lettuce (g) 23)	30	60	90	120	150	180
Olive oil (tbsp.)*	1	2	2	2	3	3
Black balsamic vinegar (tsp.)*	1	2	3	4	5	6
Extra virgin olive oil (tbsp.)*	1	2	3	4	5	6
Pepper and salt*	To Taste					

* Add yourself

Allergens

7) Mlk/lactose
May contain traces of
23) celery.

Utensils

Pot with lid, baking sheet with baking paper, salad bowl

Nutrition Facts

	Energy kj / kcal	Fats (g)	Of which saturated (g)	Carbs (g)	Of which sugars (g)	Fibres (g)	Protein (g)	Salt (g)
Portion *	2916 / 703	34	8.2	71	19.3	14	19	1.2
100 g **	480 / 116	6	1.4	12	3.2	2	3	0.2

* Per person per portion | ** Per 100 grams



1 Preheat the oven to 200 degrees. Mix the green lentils with 200 ml water per person and a pinch of salt in a pot with lid, bring to a boil, covered, and simmer 25 minutes on low heat. Then drain. Meanwhile remove the leaves from the thyme sprigs.



2 Peel the sweet potato and cut into 1 cm cubes. Divide the sweet potato on a baking sheet with baking paper, sprinkle with the thyme, salt and pepper to taste and sprinkle with half the olive oil. Bake the sweet potato for 20 minutes in the oven.

3 Remove the seeds from the red pepper and dice the peppers. Crumble the feta and fill the portobello with some of the feta. Sprinkle the red pepper and portobello with the remaining olive oil, salt and pepper and bake both for the last 15 minutes together with the sweet potato on the baking sheet.



4 Meanwhile, mix the arugula and lettuce with black balsamic vinegar and extra virgin olive oil in a salad bowl.

5 Keep the portobello, when it is cooked, separately and add the red pepper, sweet potato and green lentils to the salad bowl. Season the salad to taste with salt and pepper.

6 Divide the sweet potato lentil salad on plates and garnish with the remaining feta. Serve the portobello on the salad.



Tip! Do you want to keep your hands clean? Crumble the feta with a fork in a bowl.



WINEBOX

Ramón Roqueta tinto

Delicious spicy dish with a variety of flavors and textures. This supple red wine of Tempranillo combines well with it.



Take a picture of your dish and share it via social media. The best photo will win a surprise!

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WEEK 03
2017



A culinary question while cooking?

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Pita with turkey shawarma, yellow carrots and yogurt

With fresh lettuce

With this recipe you choose what you put in your pita bread. A meal for every taste. Fill the pita breads desired with one, two or all Ingredients. Or, fill each roll differently. You get 3 pita breads per person.



20-25 min



super easy



eat within
3 days



kid
friendly

store in refrigerator



Yellow carrots



Leek



Turkey shawarma



Lettuce



Yogurt



Mini pita breads

Ingredients	1P	2P	3P	4P	5P	6P
Yellow carrots (pc)	½	1	1½	2	2½	3
Leek (pc)	½	1	1½	2	2½	3
Turkey shawarma, spiced (g)	120	240	360	480	600	720
Mini pita breads (pc) 1)	3	6	9	12	15	18
Lettuce (g) 23)	40	80	120	160	200	240
Yogurt (g) 7) 19) 22)	50	100	150	200	250	300
Olive oil (tbsp.)*	½	1	1½	2	2½	3
Extra virgin olive oil (g)*	1	2	3	4	5	6
Honey (tsp.)*	1	2	3	4	5	6
White wine vinegar (tsp.)*	1	2	3	4	5	6
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **7)** Milk/lactose
May contain traces of
19) peanuts, **22)** nuts
and **23)** celery.

Utensils

Stir-fry or sauté pan with lid, salad bowl

Nutrition Facts

	Energy kj / kcal	Fats (g)	Of which saturated (g)	Carbs (g)	Of which sugars (g)	Fibres (g)	Protein (g)	Salt (g)
Portion *	3292 / 786	39	8.4	74	15.7	11	33	1.4
100 g **	585 / 140	7	1.5	13	2.8	2	6	0.2

* Per person per portion | ** Per 100 grams



1 Preheat the oven to 220 degrees or use a toaster to heat the pita sandwiches. Cut the yellow carrots into cubes of ½ cm and cut the leek into thin rings.



2 Heat the olive oil in a stir-fry or sauté pan with a lid and cook the yellow carrot, whilst stirring, for 2 minutes over medium heat. Add the turkey shawarma and stir-fry for 2 minutes. Add the leeks and 2 tbsp. water and cover the pan. Bake for 8 - 10 minutes on medium low heat. Stir regularly.



3 Meanwhile, sprinkle the pita breads with water and bake the pita breads for 5 minutes in the oven, or toaster.

4 Make a dressing of extra virgin olive oil, honey, white wine vinegar salt and pepper and mix the dressing with the lettuce in a salad bowl.



5 Divide the pita breads on the plates. Let everyone at the table make their own pita bread with turkey shawarma, yogurt and salad.



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Rice bowl with crispy vegetables, sesame seeds and peanuts

With avocado and turnip

A colourful bowl with crunchy turnip and special ingredients like sesame and onion. Not just any onion, a pink onion. This dish is served with creamy avocado and crunchy salted peanuts.



35-40 min



easy



eat within
5 days



vegetarian



lactose free

store in refrigerator



☐ Vegetable mix with red cabbage



☐ Avocado



☐ Pink onion



☐ Turnip



☐ Pandan rice



☐ Sesame



☐ Soy sauce



☐ Salted peanuts

Ingredients	1P	2P	3P	4P	5P	6P
Pink onion (pc)	1/2	1	11/2	2	21/2	3
Turnip (g)	100	200	300	400	500	600
Pandan rice (g)	65	130	195	335	420	500
Sesame (g) 11) 19) 22)	7	15	20	25	30	35
Vegetable mix with red cabbage (g) 23)	100	200	300	400	500	600
Soy sauce (ml) 1) 6) 19)	10	20	30	40	50	60
Avocado (pc)	1/2	1	11/2	2	21/2	3
Salted peanuts (g) 5) 22)	10	20	30	40	50	60
White wine vinegar (tsp.)*	1	2	3	4	5	6
Sunflower oil (tbsp.)*	1	1	2	2	3	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

1)Gluten **5)** Peanuts
6) Soy **11)** Sesame
 May contain traces of
19) peanuts, **22)** nuts
 and **23)** celery.

Utensils

Pot with lid, bowl, stir-fry
 or sauté pan

Nutrition Facts

	Energy kj / kcal	Fats (g)	Of which saturated (g)	Carbs (g)	Of which sugars (g)	Fibres (g)	Protein (g)	Salt (g)
Portion *	2912 / 698	40	5.0	65	10.2	11	14	2.2
100 g **	502 / 120	7	0.9	11	1.8	2	2	0.4

* Per person per portion | ** Per 100 grams



1 Bring 175 ml of water per person in a pot with the lid to the boil for the rice. Cut the pink onion into rings. Peel the turnip and scrape or cut into thin slices.



2 Boil pandan rice in the pot with a lid, covered, for 10 - 12 minutes on low heat. Then drain and leave to cool slightly with the lid on the pan. As a result, the rice becomes extra sticky.

3 Meanwhile, in a bowl, mix the pink onion with white wine vinegar, season to taste with salt and pepper and set aside.



4 Then heat a stir-fry or sauté pan over high heat and fry the sesame, without oil, for 1 minute. Then remove from the pan and set aside.

5 Heat the sunflower oil in the same stir-fry or sauté pan and add the vegetable mix with red cabbage and soy sauce and stir fry for 5 - 6 minutes over medium heat. Season with pepper.

6 Meanwhile, cut the avocado in half, remove the pit and cut the avocado into slices.



7 Serve the rice in deep bowls. Serve the pink onion, turnip, fried vegetables and avocado on the rice. Garnish with sesame seeds and salted peanuts.

Tip! Would you rather eat a sour turnip? Add the grated turnip to the pink onion.



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Trifle with mango and passion fruit

A tropical dessert for cold days

Trifle is a dessert which has its originates from the English kitchen. This trifle is composed of multiple layers of tropical fruit, mixed with curd and cream cheese and cashews.



easy

Ingredients for 2 persons

1 mango
2 passionfruit
40 g cashews*
300 ml curd or thick yogurt*
2 tbsp. honey*

* Add yourself

Allergens

There are no allergens in the products you use for this recipe from the Fruitbox.

Utensils

Frying pan, 2 large (dessert) glasses



1 Chop the cashews fine. Heat a frying pan over high heat and fry the cashews, without oil, until golden brown.

2 Cut the flesh of the mango small and scoop the flesh of the passion fruit from the skin.

3 Mix the curd or thick yogurt with the honey.

4 You create the trifle with the following layers in two (dessert) glasses:

Layer 1: half for the passion fruit

Layer 2: half an the curd or thick yogurt

Layer 3: half of the mango and half of the cashews

layer 4: the remaining curd or thick yogurt

Layer 5: The remaining mango, passion fruit and cashew nuts.



Tip! Do you have vanilla extract or a vanilla pod in the house? Add a little bit of this to the curd or thick yogurt for an extra tasty layer.



French toast with creamy banana smoothie



Ingredients for 1 breakfast	2P	4P
Free-range egg(pc) 3)	1	2
Semi-skimmed milk (ml) 7) 15) 20)	300	600
Sugar roll (pc) 1) 3) 7) 13) 20) 22) 25)	2	4
Real butter (tbsp.)*	1	2
Banana (pc)	2	4
Full-fat yogurt (ml) 7) 15) 20)	200	400

* Add yourself

Utensils

Bowl, frying pan, stick blender or deep bowl with mixer



Allergens **1)** Gluten **3)** Eggs **7)** Milk/lactose **13)** Lupine. May contain traces of **15)** gluten, **20)** soy, **22)** nuts and **25)** sesame.

Nutrition Facts

598 kcal | 20 g protein | 88 g carbs | 17 g fat | of which 10 g saturated | 3 g fibres



1 Whisk the egg with a fork in a bowl. Add 1/3 of the milk. Cut the sugar roll horizontally in half and roll into the egg mixture.

2 Melt the butter in a frying pan and fry the sugar roll for 2 – 3 minutes on each side.

3 Meanwhile, make the smoothie. Peel the banana. Mix the banana, full-fat yogurt and remaining milk with a stick blender or in deep bowl and mix until a smooth smoothie.

4 Put a french toast on each plate and serve with the banana smoothie.



Tip! Do you have little time? Then don't fry the French toast and smear the sugar roll with butter. Serve with the banana smoothie.